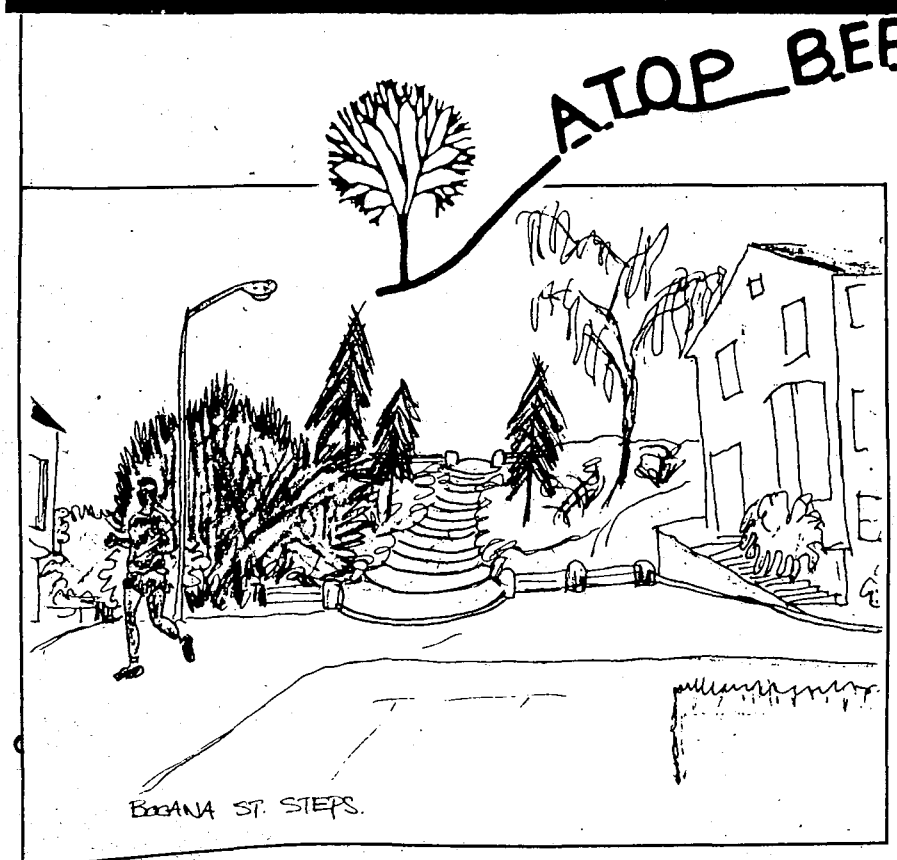
BERNAL JOURNAL

1985 April



Bernal Heights Open Space

ARTIST'S DRAWING BY JIM BURNS

By Lisa Steadman

Thirty people gathered at the Neighborhood Center on Cortland Ave. on Saturday, March 30 to develop a comprehensive plan for Bernal Hill Park.

Three working committees are charged with the responsibility of presenting reports on the physical structures, the footpath (including a paved path along the shoulder of the open section of Bernal Heights Blvd.), and landscaping for the lower slope.

The subcommittees presented their reports for the consideration of the Open Space Committee on April 18. Then a consolidated proposal will be prepared for the Recreation and Park Dept. so that work can be scheduled.

The City has pledged money to be spent this year on Bernal Hill Park, but it will not carry over to next year. The S.F. Conservation Corps is scheduled to begin work on their part of this development in July.

While most of the changes will be to the new part of the park, this is the vacated roadway and the land adjacent to it, a suggestion has been made to landscape and provide play structures in the west end quarry. The landscape committee will also be exploring ways of controlling erosion off the top of the hill. Everyone seemed committed to maintaining the top of the hill as a natural preserve and set a high priority on eliminating motorcycle use of park trails.

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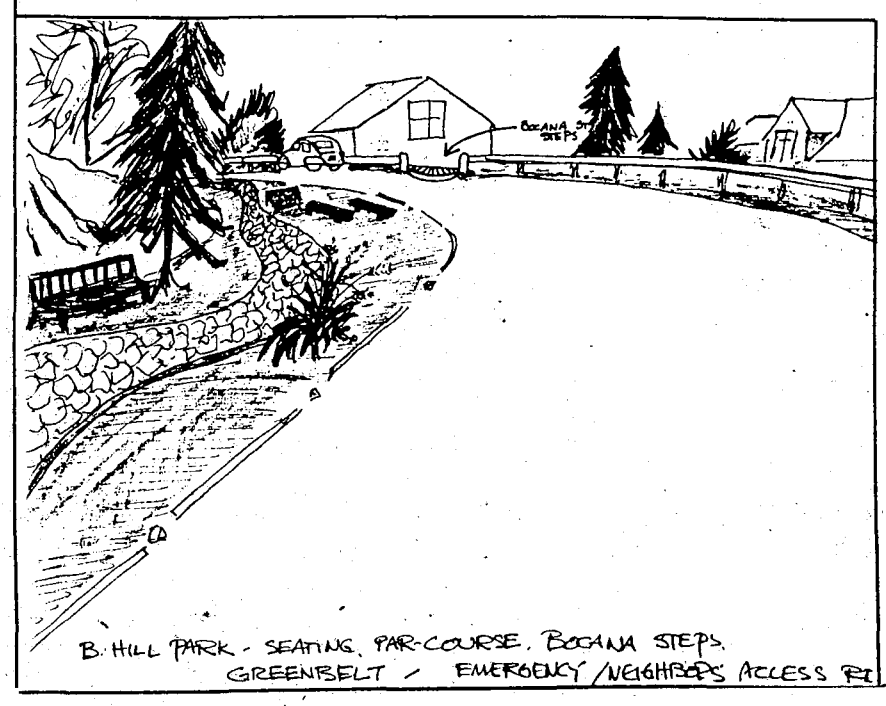

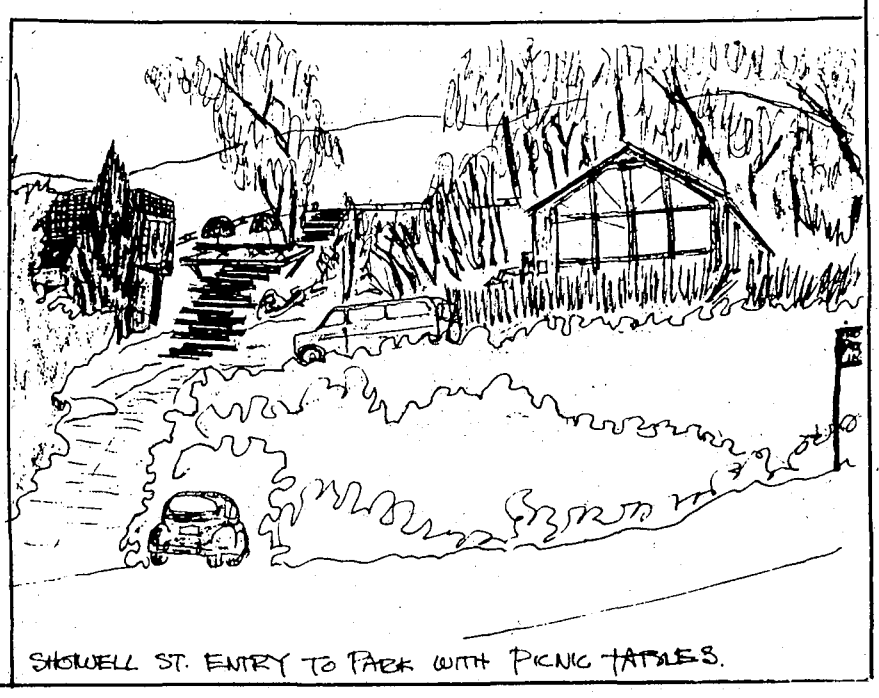

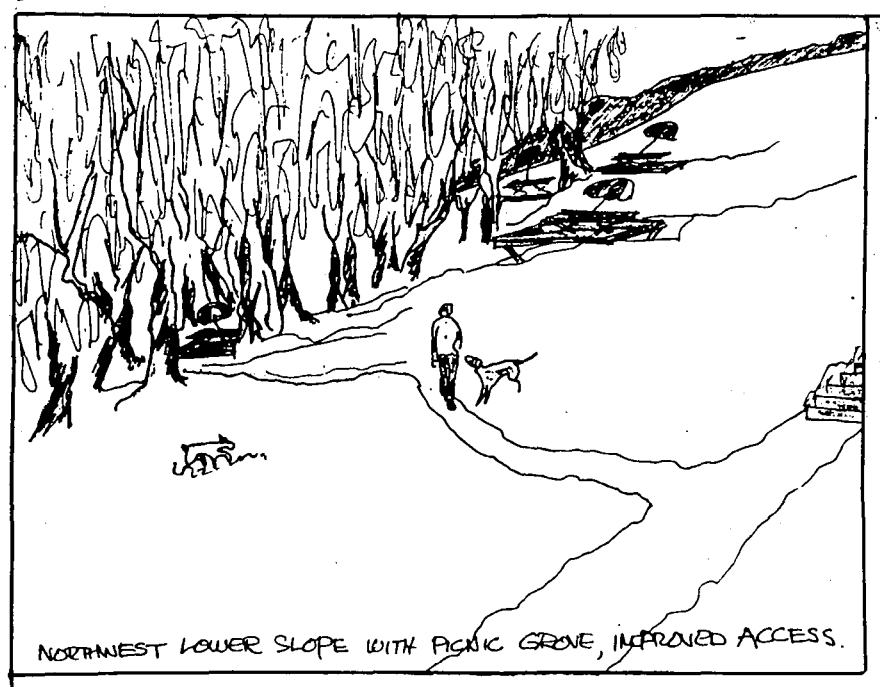

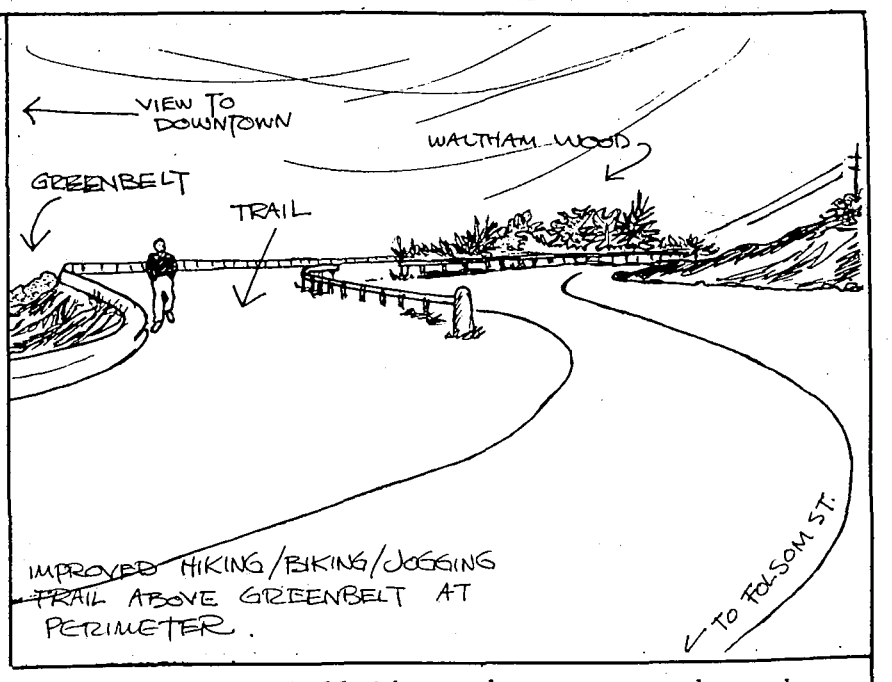

Supervisor Maher, Bernal Resident, for Open Space

Supervisor Bill Maher announced in February the passage of legislation that will preserve all the open space left on Bernal Heights for future generations.

"We have so few areas of the City left that look like a little bit of countryside that we should do everything we can to preserve them," said Maher. "The people of Bernal Heights have created a community that blends in with the unpaved streets and the hillside, and I think it's only right that we help

continued from page 1

them leave it that way.

"Lately, we've been preserving our significant historic buildings, and historic districts - well, the real history of the City includes

By Bill Maher, Supervisor, San Francisco

hillsides and pastures and creeks and wildlife. We should protect some of that, too."

The plan for Bernal Heights includes the permanent closure of the half of Bernal Heights Boulevard that does not lead to existing streets and houses, the vacating of certain small, unpaved streets for permanent open space, and the transfer of this property to the Recreation and Park Department. Plans are in the works and money has already been budgeted for the San Francisco Conservation Corps to create improvements for public access and safety as well as beautification measures.

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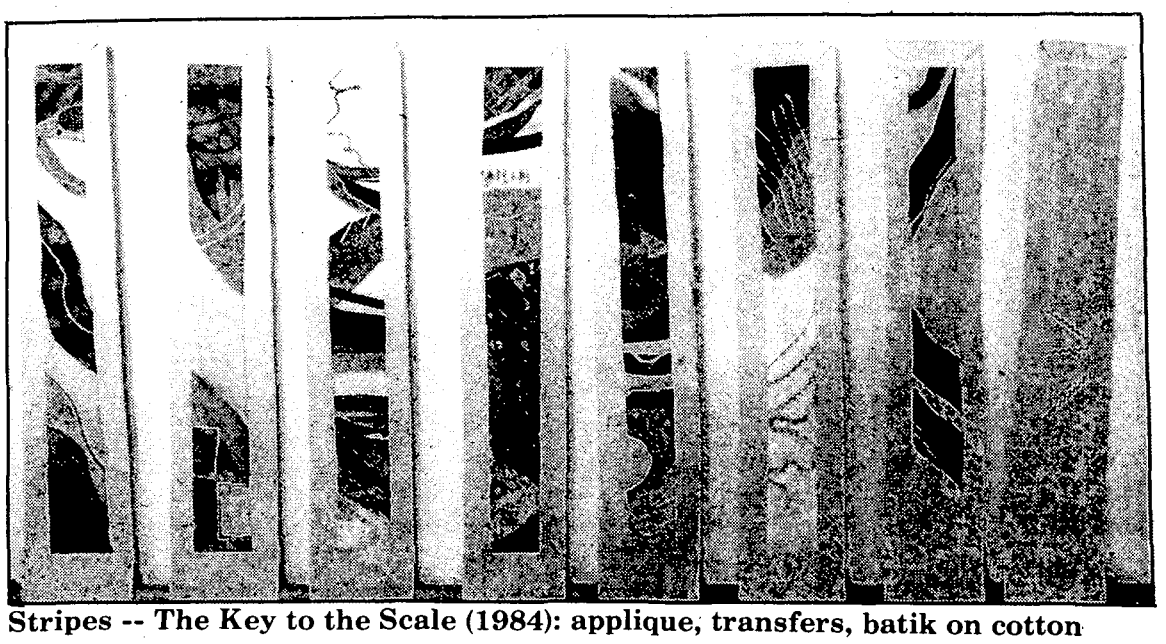
Bernal Artist in Gallery Show



Stripes -- The Key to the Scale (1984): applique, transfers, batik on cotton

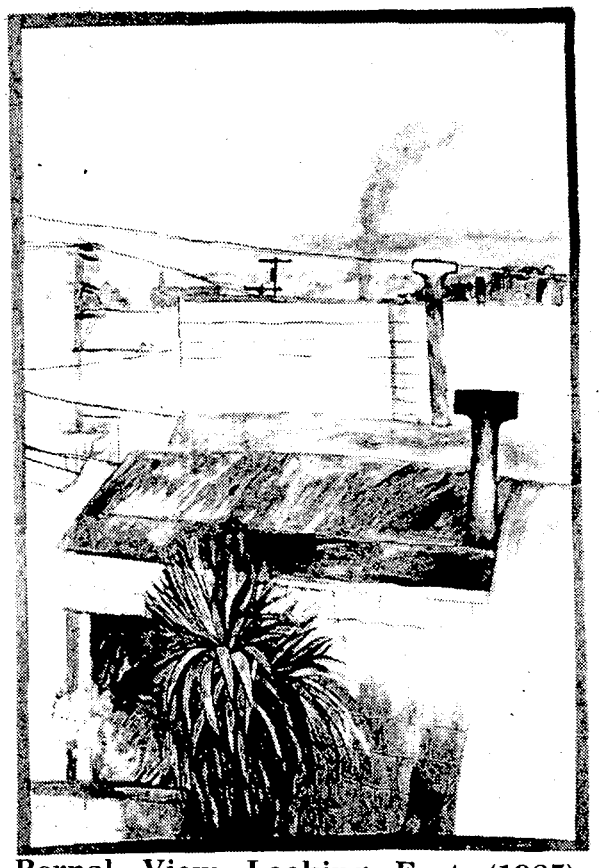
Pauline Crowther Scott, a Bernal resident and textile artist, shares a gallery show with two other women artists in May. Born in Surrey, England, Pauline studied painting and printmaking at various London art schools.

Since a visit to Japan in 1970, she has been making textile wallhangings, initially inspired by the pieces of fabric which hang across Japanese doorways and the canvas awnings stretched and laced to poles above the shop windows. Her wallhangings are collages of fabrics which have been previously painted, printed or batiked.

Recently she has been experimenting with transferring printed and Xeroxed images onto fabric and then quilting to give an added dimension. One of the main themes of her work is the layering and blending of reflected images with 'real' objects.

Pauline arrived in San Francisco in 1980 and has continued to produce textile tapestries, while exploring her interest in watercolors, woodcut prints and mix-media works on paper. She has exhibited extensively in London and the Bay Area, including two one-person shows in San Francisco — at Studio W in 1983 and Canessa Park in 1984. She participated in the S.F. Open Studio event in October 1984.

Opening reception, Sunday, May 5, 5-8 p.m. at Canessa Park Gallery, 708 Montgomery (near Columbus); runs through May 31, Monday-Friday, 9 a.m.-4:30 p.m.



Bernal View Looking East (1985): watercolor

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Volunteers

Whatever your skills are, there's a place you can use them as a volunteer. Volunteers not only help others in need but make themselves feel great because they're wanted and needed. Check the list below and see where you can be useful!

DISTRIBUTION DIRECTOR
For community newspaper (you're reading it); few hours every 2 months, phoning and delivering packets of papers for individual distribution. 648-1868.

SHANTI PROJECT
Asking third world people to provide support to persons with AIDS or their loved ones. 558-9644.

PETS & PALS
Nonprofit humane group needs foster homes, drivers, salespeople for flea markets and office help. 775-6874.

CASA Project
Court Appointed Special Advocate project wants volunteers to serve as independent advocates for children of all ages under foster care in S.F. 664-6156.

BERNAL SENIORS
Extensive program of activities needing volunteers. No training. 648-0330.

S.F. SPCA
Adoption Outreach program counsels prospective pet owners and matches them with the perfect pet. 621-1700, volunteer coordinator.

REC & PARK
Needs games and puzzles for after-school program with visually- and hearing-impaired children. Can pick up donation. 558-5031.

RECYCLE CHRISTMAS CARDS
Send stamped, self-addressed envelope to J. Early, All-Year Christmas Cheer, 134 Pfeiffer St., S.F. 94133.

Derek Tillman, Ana Tamayo and Donovan Davis, all participants in the Mayor's In-School Youth Program, are shown helping out at the finals of the 1984 Break-Dancing contests. Lorenzo Padilla of Bernal won first prize—a Commodore 64 computer donated by Epics.

WOMEN

San Francisco Sheriff Michael Hennessey was joined by Department Training head Lieutenant Janet Dempsey last summer in accepting a Certificate of Training Compliance from the California State Board of Corrections for excellence in law enforcement training standards.

State Corrections Consultant Antoinette Crabb praised the San Francisco Sheriff's Department for "the highest level of professionalism exhibited by Lieutenant Dempsey and her staff, who have conscientiously planned and managed the Department's training program."

Lieutenant Dempsey, 31, is the only woman Director of Training of any urban law enforcement agency in the United States. She directs training for 370 deputy sheriffs, from an initial three week basic Department orientation for all new hires, to a host of specialized law enforcement courses including:

* Basic Jail Operations plus 500 hours of certified police academy.

* Advanced Officer training and general management courses.

* Computer and word processing seminars.

* 2,351 hours of specialized training for the 1984 Democratic National Convention in San Francisco.

Nationally, the San Francisco Sheriff's Department has the highest percentage of women officers of any major law enforcement agency - 24%. Of that number, 33% are in promotional positions (Senior Deputy, Sergeant, Lieutenant, Captain).

"The representation and achievements of women in our Department is totally unprecedented in national law enforcement," stated Sheriff Michael Hennessey, - and impressive even when compared with the most progressive of private sector corporations.

A native San Franciscan, Jan Dempsey joined the San Francisco Sheriff's Department in 1977, was promoted to the rank of Senior Deputy in 1980, and named Assistant Training Manager that same year. She received a Bachelor of Arts degree from San Francisco State University in Sociology in 1976.

As a member of the San Francisco Sheriff's Department competitive shooting team for five years, Lieutenant Dempsey placed first in her class at the California State Police Olympics in 1981, and third at the International Police Olympics in Houston, Texas in 1982.

WOMEN

The reason so many women become stooped and frail after menopause is a bone disorder called osteoporosis.

If a woman is over 45...has begun menopause or had a premature menopause...is slender and fair... doesn't get enough exercise...smokes or drinks to excess...has a family history of osteoporosis...she may be at risk.

Osteoporosis is a gradual, abnormal loss of bone tissue that can begin during menopause. In its early stages, osteoporosis may have no symptoms at all. But eventually it causes bones to become so weak and fragile that they can no longer support weight...and a movement as simple as standing up can cause a bone to fracture.

The recent introduction of absorptiometry, a noninvasive diagnostic technique, can help identify osteoporosis even before physical symptoms appear.

Preventive measures such as calcium supplementation, regular exercise, and reduction of caffeine and alcohol intake are generally recommended. And judicious use of drug therapy may be indicated.

Left untreated, osteoporosis can cause painful collapse of the spinal column. Osteoporosis results in progressively more stooped posture, or "dowager's hump," and loss of height. And osteoporosis is the major reason why so many older women suffer broken hips.

To receive a free booklet about osteoporosis, send a stamped, self-addressed envelope to: Osteoporosis, Campus Road, Totowa, NJ 07512. And see your doctor now.

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FREE LOVE! Beautiful black Dane/Lab mix puppy, 10 months, free to good home. Gentle and loyal. Chris or David, 647-5253 before May 1.

RENTAL WANTED: Single person, no pets, unfurnished apt./flat with view, up to $550/month. Martin, 285-0792.

FOR RENT May 1: Fully furnished studio near Farmers' Market. $200 includes util., own br/lr, bath, fridge; share stove. Nonsmoker, steady income, must like animals. 648-1868 after April 20.

EVERY ANIMAL deserves to be wanted. Help stop the flood of those that aren't. Have yo pet spayed or neutered right away. PETS & PALS, 552-5353, M-F, 1-4 p.m., ONLY.

WANTED TO BUY: House with view, up to $100,000. 285-0792.

CONSERVATION CORPS employs youth 18-23 at $3.35/hour for one year. Applications encouraged from minorities, women, people with disabilities. 4 days work, 1 day education, 7:30 a.m. - 4 p.m. Participants gain friendship, skills, experience, competence and serve their communities, too. 864-1901

BARKING DOG PROBLEM? S.F. SPCA offers a FREE class Tuesday, May 7 with emphasis on training the animal to bark less and only at appropriate times. 6:30 - 8 p.m., 2500 16th St.

WANTED: Creative finance person. OBJECTIVE: Put together & share in package deal that would enable us to buy & reside in a Bernal Heights home w/space, some elegance & privacy. A straight proposal.
** 285-0792 **

SUMMER JOBS FOR TEENS

If you live in the outer Mission (including Bernal Heights), are 14-21, and low income, you may qualify for the Mayor's Summer Youth Employment program. Apply between April 15 - May 30, Monday through Friday, 3-5 p.m. at the Precita Valley Community Center, 534 Precita Ave. Jobs will run July 8 - Aug. 23, and pay minimum wage. More info: 285-7833 or 285-6066.

Andre Daye, director of the Mayor's In School Youth program at Bernal Heights Neighborhood Center, will be offering a Youth Development Workshop on Friday, May 10. KGO-TV reporter Lee McEachern will be a participant, discussing how nuclear weapons affect teen lifestyles. The program runs from 3-5 p.m. at 515 Cortland Ave.

BERNAL LIBRARY

Pat Sullivan, Bernal branch librarian, was the handler for Rumplesnakeskin, Project Read's entry in KABL radio's 18th annual St. Patrick's Day snake race. The reptile slithered to third place, winning a $300 cash prize, $300 in KABL air time and a Bronze Fang trophy.

The 21st Annual Friends of the Library Sale offers books on all subjects from art to zoology, hardcover and paperback, sold at bargain prices to benefit the Public Library. Special opening preview sale and silent auction, Thursday, May 23, 4-7 p.m. $5 admission. Sale continues May 24 to 26, Friday and Saturday, 10 a.m. - 5 p.m. Sunday hours: 10 a.m. to 3 p.m. and all books are 1/2 price. FREE admission, Pier 3, Fort Mason Center.

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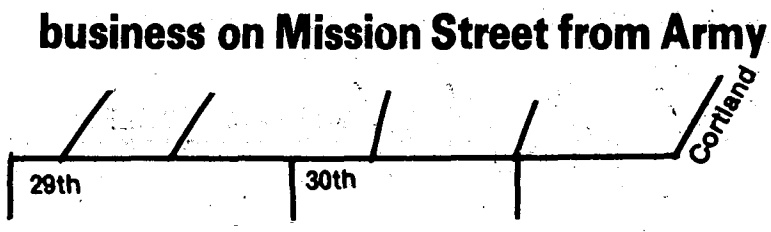

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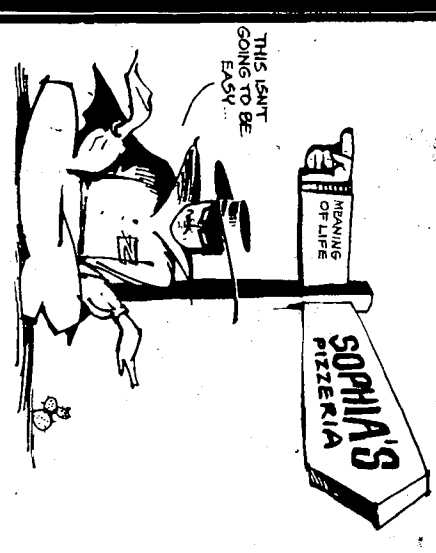

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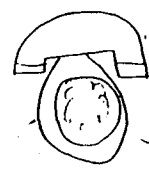

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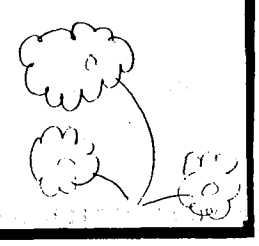


MIME TROUPE BRINGS ANARCHY INDOORS

By Lurilla Harris

The S.F. Mime Troupe is at it again -- bringing an eclectic mix of humor and anarchy to the people -- but this time they're indoors. And for the first time, they're repeating themselves. Sort of. "Factwino: The Opera" is an amalgam of two previous original productions, starring Factwino (Sedro Wooley, a Sixth Street boozer), now with some new music and lines and action.

The indoors is the Victoria Theatre, 2961 16th St., but they have kept to their free-in-the-park format of only one set. Theme is Factwino's "power to make people think," bestowed on him by the ultimate bag lady (Audrey Smith as the Spirit of Information) who eventually returns "up there" in slow motion with a grungy shoe dangling at a precarious angle as she departs. Some of the facts covered relate to nuclear warfare, unwed mothers, homosexuals and the Moral Majority. Since seven scriptwriters are listed, who can say where credit is due for the hilarious dialog?

Sharon Lockwood and Dan Chumley share directing chores and Chumley teams up with Bruce Barthol to present a two-headed Armageddon Man, out to do in Factwino as well as the rest of us. How the two actors manage their four arms and legs into A.M.'s two arms and legs ... well, you have to see it.

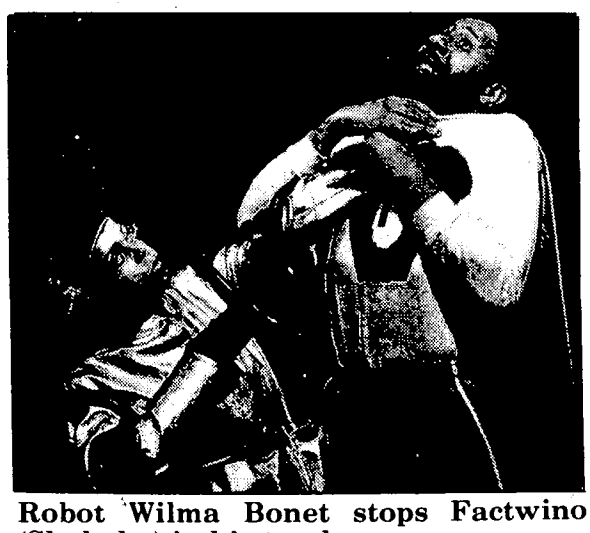
All except two of the actors perform in multiple roles, and at one point only one musician is left offstage. The backstage action must be mind-boggling with all the costume and character switches, but the frontstage runs smoothly at a rapid pace. Wilma Bonet, a comedian with a matchless sense of timing, is spectacular, and the rest of the cast keeps up without hesitation and equal verve.

No credit is given for the costumes, but they range from middle America Parents-in-Polyester to a punk with a fuchsia and green Apache hairdo. Every one of them immediately identifies the character for the audience (which seemed to be composed of many old friends on opening night), who all laughed and howled at the many comic bits. You will, too. Go see it -- runs through May 12.

P.S. Even though they're sponsored by the National Endowment for the Arts, the California Arts Council and the S.F. Hotel Tax Fund, the Mime Troupe remains a nonprofit, multi-racial, collectively run theater company. And yes, they will be performing in the parks for free again this summer. But that will be a different show.

Photographs by Michael Bry

Factwino distributing "the power to think" to a mixed public



Robot Wilma Bonet stops Factwino (Shabaka) in his tracks

Flea Market Donations and Help Needed

Your donations of household items, toys, books, records, plants, pots and pans, bric-a-brac, art can help raise money for three nonprofit groups in your community.

On Sat., May 25, 8 a.m. - 4 p.m., the Bernal Journal, the Bernal Recycling Center and the Bernal Neighborhood Center will all have tables at the site of the recycling center, back of Farmers Market, 100 Alemany. Help is also needed at the tables throughout the day.

For donation pickups, call 648-1868 for the Journal; 282-0364, recycling; 648-0330, neighborhood center. (No large furniture or clothing, please.)

SCHOOL DAZE

Upcoming holidays for students in the San Francisco Unified School District are Memorial Day, Monday, May 27, and last day of school, June 19.

FREE CONFLICT RESOLUTION TRAINING

to residents of Community Board neighborhoods who agree to volunteer for a year...

Next training session starts Thursday April 25 at 7 p.m. at Health Center No. 3, 1525 Silver Avenue, with training on Saturday 27, Monday 29, Thursday May 2 and Saturday May 4, totaling 26 hours.

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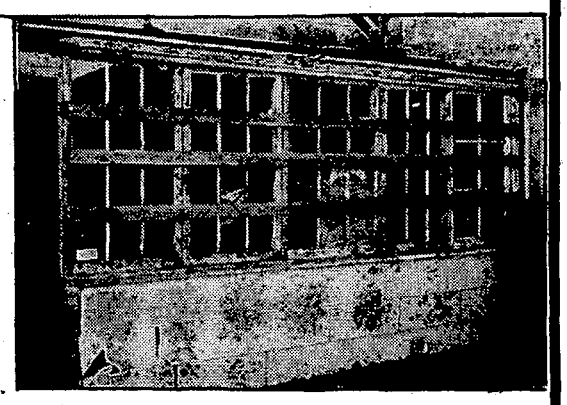

AFTER

Ann Henry, who owns a home on the west slope of Bernal Heights, recently had $35,000 worth of rehabilitation work done on that home through the Community Foundation's housing rehab program.

A widow with two school-age children, Mrs. Henry teaches school part-time. She heard about the program from a neighbor. After she was determined to be eligible for the low-interest loan, negotiations began, involving architectural drawings, inspections by City engineers, PG&E insulation and a Crocker Bank loan.

Her house required extensive repairs -- new roof, wiring, plumbing, foundation repair, bathroom and upstairs bedroom repair -- and was completed three months after construction began. (See before and after photos)

If you need such help, call Michael Reed, Housing Director, 648-0330, or stop by BHCF, 513 Cortland, during business hours, to see if you are eligible.

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BERNAL JOURNAL

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ADVERTISERS

Next deadline: May 24

ADVERTISING: Lisa Steadman and Martin Ponch

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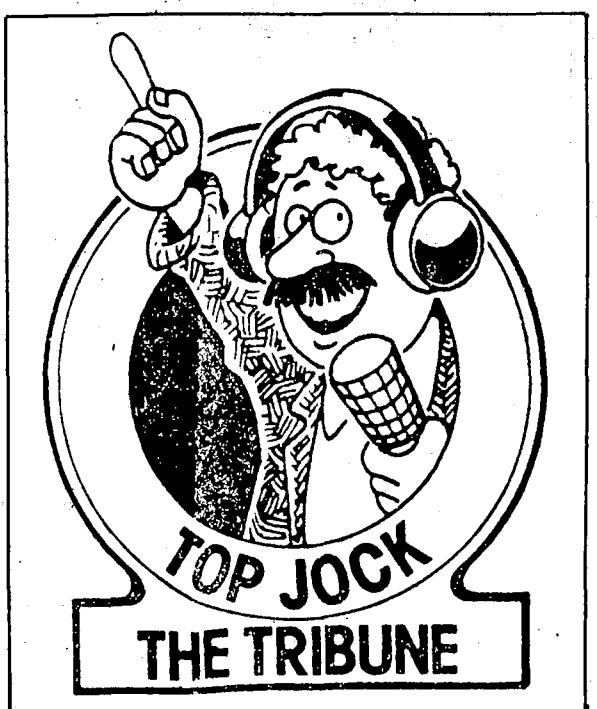
DEADLINES:
Please ask for assignment or send notice of planned articles for next issue by May 17. Photos, ads and stories due May 24 for June issue.

HELP WANTED: Need Rehab Asst/ Secy II for Housing Prog. Good Secretarial & People Skills. $15,000/yr. 515 Cortland, S.F. - Open 'til filled.



Last fall, Bernal Heights Neighborhood Center won a money prize as the favorite charity by top disc jockey Bill Moen of KABL. Shown accepting the $5000 check from the Oakland Tribune are Lorenzo Dill, former president, Board of Directors; Moen; Roberto Hernandez, Center Director; Naomi de Gracia, Senior Programs director.

Photo Contest for Youth

Young photographers! Grab your camera and focus on fame and fortune. The California Academy of Sciences and KRON-TV are again sponsoring the annual Photography Contest for Young People. For the third year, winners will be eligible for prizes and will have their work displayed in an exhibition at the Natural History Museum and Aquarium in Golden Gate Park.

Photographers through 18 years of age can submit up to six photographs in the following six categories: Portraits, People at Work and Play, Animals, Plants, Landscapes and Potpourri. The work will be judged by professional photographers in the Bay Area with the grand prize winner receiving a $300 Brooks Camer · gift certificate and an afternoon on Telecopter 4, both provided by KRON.

First-, second- and third-place winners in each category will be displayed at the Natural History Museum and Aquarium of the California Academy of Sciences during the summer. Deadline for entries is April 30. Call 668-7376 for details.

The 15th annual North Beach Photographic Arts Fair features San Francisco's finest photographers plus special entries from all over the United States. Photo contest and awards plus entertainment (15 bands) through the Memorial Day weekend, Saturday - Monday, May 25 - 27, 9 a.m. to 5 p.m., FREE admission, Bay and Franklin Sts. (Fort Mason) in the Great Meadow.

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